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SMITTEN

ANNE RICE BASES NEW CHARACTER ON SECRET CRUSH MATT BOMER {page 9}

WINNIPEG metro®
Tuesday, February 14, 2012
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News worth sharing.

Woman bloodied and dragged to car: RCMP

Expert found blood spatters on the underside of vehicle Former inspector says that's a sign blood was 'dripping through the seams of the vehicle while it was moving'

An RCMP forensics expert has testified that Beverly Rowbotham was struck while upright, carried or dragged to a car in her garage and driven to a remote location while blood continued to seep from her body.

Retired inspector Bruce Maclean, a blood-spatter expert, examined hundreds of small blood marks found in Rowbotham's backyard, garage and car in the hours after she was found dead on Oct. 25, 2000.

Rowbotham's husband, Mark Stobbe, a high-ranking political adviser in Saskatchewan and Manitoba at the time, is on trial for second-degree murder.

Blood stains near a door frame and on the floor of the garage "are consistent with the deceased, Beverly Rowbotham, moving or being moved in the garage while bleeding," Maclean told court Monday.

The Crown's theory is that Stobbe hit his wife 16 times with a hatchet behind the couple's sprawling rural property in St. Andrews, Man., dragged her to a sedan in the garage, drove her body 15 kilometres away, then bicycled back home and reported her missing hours later.

"This was one continuous event."
BLOOD-SPATTER EXPERT BRUCE MACLEAN

Rowbotham's body was found lying across the back seat of her car in a parking lot in Selkirk, Man. Her head had been bludgeoned.

Maclean was unable to say exactly where Rowbotham was killed. There was less blood in the yard and the garage than one would expect from someone who suffered many blows to the head, he said.

But the way the blood poured down her jean jacket would indicate she was upright when attacked, he said. Blood drops and some smeared blood stains in the garage indicate she was brought there after being injured.

Maclean's testimony is the latest Crown evidence aimed at poking holes in what witnesses have testified Stobbe told them — that his wife disappeared while on a late-evening shopping trip to Selkirk.

THE CANADIAN PRESS

Fatal. Accident

▶ Investigators gather around a purse believed to belong to the victim of a horrific crash on Osborne Street near Jubilee Avenue Monday afternoon. Witnesses say an elderly woman was struck by an 18-wheeler and died. Winnipeg police did not confirm any details by press deadline.

SHANE GIBSON/METRO

Tragedy on Osborne when truck strikes pedestrian

History lesson

Fired up over War of 1812

Canada, U.S. have very different takes on who won the war and why {page 4}

Valentine red or blue

We've got ways to celebrate for you {pages 12-13, 15}

Feeling jealous?

Learn the science behind why you feel the way you do {page 11}

Drawing visitors

The numbers are in and Manitoba Homecoming 2010 was a success for the 'Peg and across the province {page 3}

All you need is Dove®

Happy Valentine's Day

Homicide victim identified by police

Winnipeg police have identified the city's third homicide victim of the year as Walter Madonick, 55.

A woman who identified herself as a friend of the victim told Metro his name was Walter Murdock at the scene Sunday.

Police found Madonick in the front yard of a home in the 600 block of Simcoe Street around 4 a.m. Sunday. He was taken to hospital in critical condition where he was later pronounced dead.

SHANE GIBSON

Getting over old 'hang-ups'

The first few days of a campaign aiming to keep Manitobans off handheld devices while driving has netted a number of naughty cellphone users.

A total of 416 tickets were dolled out across the province during the first five days of extra enforcement.

The No Phone Zone campaign is a joint venture between the Manitoba Association of Chiefs of Police and Manitoba Public Insurance that will see the RCMP, the Brandon Police Service and the Winnipeg Police Service deploy additional officers to focus on enforcing the rules banning handheld-device use while driving throughout February. SHANE GIBSON

Car makes quite an entrance

Traffic was diverted for a time near the corner of Mountain Avenue and Main Street while firefighters put out a small fire in the vehicle after it crashed into a convenience store. The car was removed by 9 a.m. Monday and traffic was back to normal.

Car. Crash

▶ The owners of a convenience store at the corner of Mountain Avenue and Main Street have some cleaning up to do after a car crashed through their front door around 8 a.m. Monday.

SHANE GIBSON/METRO

Homecoming 2010 draws hundreds of thousands

Statistics Canada numbers show Homecoming 2010 initiative brought visitors and cash to Manitoba

SHANE GIBSON
@METRONEWS.CA

Travel Manitoba and Tourism Winnipeg are proclaiming their joint Manitoba Homecoming 2010 initiative a success in Winnipeg and across the province.

According to figures recently released from Statistics Canada, Winnipeg saw 2.8 million visitors in 2010, a seven per cent jump over the previous year and those visitors contributed $506 million in the city.

"Of the $25 million increase in expenditures in 2010, we believe we can attribute approximately $14.7 million to the success of Homecoming," said president and CEO of Economic Development Winnipeg Inc., Marina James in a release. "Total attendance at some 400 Homecoming affiliated events was over 200,000, and those additional visitors contributed to Homecoming's economic impact."

Across Manitoba, visitation rose more than five per cent to nearly 6.6 million people visiting in 2010, which brought almost $1.26 billion into the province. Expenditures rose $67 million between 2009 and 2010 and approximately $30 million of that can be attributed to the initiative.

"The outstanding events during Manitoba Homecoming brought Manitobans together and helped us celebrate our province and its diverse culture, heritage, tourism and people," said Flor Marcelino, Minister of Culture, Heritage and Tourism.

Homecoming 2010 was designed to bring former Manitobans and new visitors to the province and maximize the economic benefits of tourism. The campaign's $3.5 million budget brought in from public and private funds was spent largely on marketing across Manitoba, throughout Canada and internationally.

The Homecoming website tracked 200,000 visits from 10 provinces, two territories, 50 states and 137 countries.

1 news

A study has revealed that the supply of donated organs has remained relatively flat since 2006. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

The U.S. markets have been sizzling in the early days of 2012, so why are retail investors still gloomy? Allan Small explains at metronews.ca/investing

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U.S. and Canada at odds over War of 1812

War less crucial to Americans than to Canadians: Poll
Canada to spend $28M on bicentennial this year

The War of 1812 may be one of the world's oddest conflicts, if only because both sides are confident they won.

A new survey suggests Canadians and Americans have vastly divergent attitudes toward the border war that broke out in 1812 and bumbled along for three years.

Americans see it as a war that produced their national anthem. Canadians see it as a war that saved them from assimilation.

During the war, the Americans repeatedly tried to invade and were repeatedly repulsed by often-outnumbered mixes of British redcoats, Canadian militia and aboriginal allies.

The Ipsos Reid poll conducted for the Historica Dominion Institute for the bicentennial of the war found that 54 per cent of Canadians felt the most significant outcome was that the invaders were turned back.

Americans had a dramatically different take. For a third of them, the outcome was the Star Spangled Banner. Its words were written by Francis Scott Key after watching a British naval bombardment of Baltimore's Fort McHenry in September 1814. A plurality of 36 per cent saw no significant outcome at all.

John Wright of Ipsos Reid said the war doesn't stand out for Americans because they see other, much bigger watersheds.

"The War of Independence is their touchstone for their nationhood," he said. "Ours seems to have been a gradual one."

While some might point to 1812 as a key point on the way to nationhood, others might look at Vimy Ridge, or the patriation of the Constitution.

"This is a touchstone towards Confederation, it's an important part of the story of Canada," Wright added.

THE CANADIAN PRESS

What we think

- **When defining the Canadian identity,** 53 per cent of poll respondents picked universal health care, while 25 per cent picked winning the War of 1812.
- **If Canada had not won the war,** 60 per cent of said they wouldn't want to share the American political system, 18 per cent said they didn't want American gun laws and six per cent said they didn't want to share citizenship with Snooki from Jersey Shore.
- **More than 80 per cent** on both sides of the border agreed that the war was a significant part of the history and about the same agreed it should be commemorated.

DAVE CHIDLEY/THE CANADIAN PRESS FILE

▶ British soldiers fire their muskets at the American forces during a restaging of a War of 1812 skirmish between American and British forces near an actual battle site west of London, Ont., on May 5, 2007. A new survey suggests Canadians and Americans have vastly divergent attitudes toward the border war that broke out in 1812.

MARTIAL TREZZINI/KEYSTONE/THE ASSOCIATED PRESS

▶ Navi Pillay, UN high commissioner for human rights, speaks about Tunisia and Egypt at the UN headquarters in Geneva on Feb. 4.

Crimes against humanity on rise in Syria: UN chief

The UN human rights chief says the scale of abuses by the Syrian government indicates that crimes against humanity have taken place since last March and are continuing.

Navi Pillay told the General Assembly on Monday that credible reports indicate that more than 5,400 people were killed last year, and that the number of dead and injured continues to rise every day.

She expressed serious concern that the deliberate stirring of sectarian tensions may plunge Syria into civil war.

Pillay accused the Syrian government of using the Security Council's recent failure to condemn its crackdown on protesters "to crush dissent with overwhelming force."

She echoed Secretary-General Ban Ki-moon's warning that council inaction must not be used as a licence to kill.

THE ASSOCIATED PRESS

Rebels hold strong in Syria

Syrian rebels repelled a push Monday by government tanks into a central town held by forces fighting President Bashar Assad's regime in an 11-month conflict that looks increasingly like a civil war.

The military pressed its offensive on Rastan a day after the regime rejected Arab League calls for the UN to create a peacekeeping force in Syria and for an end to the violent crackdown on dissent. Damascus called the League initiative "a flagrant interference in (Syria's) internal affairs and an infringement upon national sovereignty."

With diplomatic efforts bogged down, the conflict is resembling a civil war, with army defectors clashing almost daily with soldiers. The rebels have taken control of small swathes of territory in central Homs province, where Rastan is located, and the northwestern province of Idlib, which borders Turkey.

The Britain-based activist group Syrian Observatory for Human Rights said at least three government soldiers were killed in the attempt to storm Rastan, which has been held by the rebels since late January.

Rastan, home to some 50,000 people, was one of the first areas in Syria where people took up arms to fight the regime.

The uprising began last March as mostly peaceful protests against Assad's authoritarian rule, but has become more militarized in the face of the brutal military crackdown.

Assad's bloody crackdown on the opposition has left Syria almost completely isolated internationally, except for one key ally — Russia.

China and Russia outraged the U.S. and many Arab countries earlier this month when they delivered a double veto to block a U.N. Security resolution calling on Assad to leave power.

At the forefront of regional efforts to end the crisis, the 22-nation Arab League called for the Security Council to create a joint Arab-U.N. peacekeeping force and urged Arab states to sever all diplomatic contact with Damascus.

THE ASSOCIATED PRESS

MOHAMMED ZAATARI/THE ASSOCIATED PRESS

▶ Clerics gesture and chant religious slogans during a demonstration against the Syrian regime in Sidon, Lebanon, on Sunday.

The UN says ...

- **More than 5,400 people** were killed last year alone.
- **Tens of thousands,** including children, have been arrested, more than 18,000 are arbitrarily detained and thousands are missing.
- **25,000 people are** estimated to have sought refuge in neighbouring countries, and more than 70,000 are internally displaced.
- **Widespread destruction** of homes, hospitals and schools indicates approval of, or complicity with, the highest authorities.

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Israel blames Iran for bomb attacks

Israeli diplomats targeted in India, Georgia as nuclear tensions rise Four people wounded in New Delhi blast

Israel blamed Iran on Monday for bomb attacks on its diplomats' cars in India and Georgia, heightening concerns that the Jewish state was moving closer to striking its archenemy.

Iran denied responsibility for the attacks that appeared to mirror the recent killings of Iranian nuclear scientists that Tehran blamed on Israel.

The blast in New Delhi set a car ablaze and injured four people, including an Israeli Embassy driver and a diplomat's wife; the device in Georgia was discovered and safely defused.

"Iran is behind these attacks and it is the largest terror exporter in the world," Israeli Prime Minister Benjamin Netanyahu told lawmakers from his Likud Party.

The violence added further tension to one of the globe's most contentious standoffs. Iran has been accused of developing a nuclear-weapons program that Israel says threatens the existence of the Jewish state. Tehran says its nuclear program is for peaceful purposes only.

Comments by Israeli officials in recent weeks have raised fears Israel might be preparing to strike Iranian nuclear facilities. While Israel says it hopes that international sanctions can curb Iran's nuclear program, leaders pointedly note that "all options are on the table," and have warned that as Iran moves closer to weapons capability, time is running out for action.

Fearing an Israeli attack could set off a conflict across the region and send oil prices skyrocketing, U.S. and other Western countries have been pressing Israel to give sanctions more time.

THE ASSOCIATED PRESS

U.S. responds

U.S. Secretary of State Hillary Rodham Clinton condemned the attacks.

- "The United States places a high priority on the safety and security of diplomatic personnel around the world and we stand ready to assist with any investigation of these cowardly actions," she said.
- White House spokesman Jay Carney said the incidents underscore U.S. concerns about the recent targeting of Israeli interests overseas.

JOJI THOMAS/ECONOMIC TIMES/THE ASSOCIATED PRESS

▶ A car belonging to the Israeli Embassy goes up in flames after an explosion in New Delhi on Monday.

Pair get 16-year terms in asbestos-linked deaths

An Italian court on Monday convicted two men of negligence in some 2,000 asbestos-related deaths blamed on contamination from a construction company, sentencing each of them to 16 years in prison and ordering them to pay millions in what officials called a historic case.

Italian Health Minister Renato Balduzzi hailed the verdict by the three-judge Turin court as "without exaggeration, truly historic," noting that it came after a long battle for justice.

"It's a great day, but that doesn't mean the battle against asbestos is over," he told Sky TG24 TV, stressing that it is a worldwide problem.

Prosecutors said Jean-Louise de Cartier of Belgium and Stephan Schmidheiny of Switzerland, both key shareholders in the Swiss construction firm Eternit, failed to stop asbestos fibres left over from production of roof coverings and pipes at its northern Italian factories from spreading across the region.

During the trial, which has stretched on since December 2009, some 2,100 deaths or illnesses were blamed on the asbestos fibres, which can cause grave lung problems, including cancer. Prosecutors said the contamination stretched over decades.

The defendants had denied wrongdoing.

THE ASSOCIATED PRESS

DANIELE BADOLATO/LAPRESSE/THE ASSOCIATED PRESS

▶ Relatives of the victims react following the verdict of the trial in asbestos-linked deaths in Turin, Italy, on Monday.

Emotional scene

- **Hundreds of people,** many of them who had lost parents or spouses to asbestos-linked diseases, crowded the courtroom and two nearby halls to gather for the verdict.
- **When the convictions were announced,** some of the spectators wept.

Pakistani PM charged with contempt

The Supreme Court charged Pakistan's prime minister with contempt Monday for defying its order to reopen an old corruption case against the president, sharpening a political crisis that has shaken this already volatile country.

At a separate hearing, the top court also took on the country's powerful army, demanding that two military intelligence agencies explain why they held seven suspected militants for 18 months in allegedly harsh conditions without charging them.

Prime Minister Yousuf Raza Gilani pleaded not guilty to the contempt charge. If convicted, he could be imprisoned and will likely lose his job. But analysts said the premier seems willing to sacrifice himself for the benefit of his party and his political ally, President Asif Ali Zardari.

Gilani's ouster would not topple the government. But the case has distracted officials from dealing with a host of ills facing the nuclear-armed country, including a stuttering economy and a vicious Islamist insurgency. THE ASSOCIATED PRESS

TATAN SYUFLANA/THE ASSOCIATED PRESS

▶ Umar Patek

Top suspect in '02 Bali bombings goes on trial

The Muslim militant suspected of building the bombs used in the 2002 Bali attack went on trial Monday on terrorism charges, a year after he was captured in the same Pakistani town where Osama bin Laden was hiding.

Umar Patek is the top remaining suspect in the Bali nightclub bombings, which killed 202 people about a year after the Sept. 11 attacks and brought international attention to an al-Qaida-linked group, Jemaah Islamiyah, intent on creating a pan-Islamic state throughout Southeast Asia. THE ASSOCIATED PRESS

Bailout still faces obstacles

Any hitch in getting Greek proposal through parliaments in eurozone could push Greece perilously close to missing major bond redemption on March 20

Greece faces further hurdles and delays before it can receive a second, $171-billion US bailout in spite of its lawmakers voting through more austerity measures in the face of violent protests.

The European Union's Economic Affairs Commissioner Olli Rehn on Monday called the Greek parliament's approval of a further round of budget cuts a "crucial step forward," but Germany insisted it would still take some time before the second bailout is delivered.

Germany, which as Europe's biggest economy pays the largest part in bailout deals, said it wouldn't give its final approval for the new aid payments until early March — after it becomes clear how many banks and investment funds are willing to take losses on their Greek bonds and the parliament in Berlin votes on the new measures.

Pushing the new bailout back for several weeks underlines the amount of distrust that has built up against Greece over the past two years, when many promised cuts and reforms were passed in its Parliament but never actually implemented.

"Germany is trying to get the best deal it can by putting pressure on Greece now," said Ben May, European economist at Capital Economics in London. The idea is to "give Greece a bit more of an incentive over the next few weeks to speed things up and get things moving."

Delaying the final approval of the bailout is not without risk. Uncertainty over the new rescue money could dissuade some of Greece's private investors from participating in a separate bond-swap deal, May warned.

THE ASSOCIATED PRESS

THANASSIS STAVRAKIS/THE ASSOCIATED PRESS

▶ An employee of the Greek Stock Exchange walks past charts displaying stock prices in Athens on Monday.

DIMITRI MESSINIS/THE ASSOCIATED PRESS

▶ An Athens storeowner surveys damage to her shop.

GREECE CLEANS UP AFTER RIOTS ENGULF ATHENS

Firefighters doused smouldering buildings and cleanup crews swept rubble from the streets of central Athens on Monday following a night of rioting during which lawmakers approved harsh new austerity measures demanded by bailout creditors to save the nation from bankruptcy.

Police said rioters destroyed or damaged more than 110 buildings, of which 50 were burned. They included nine listed as national heritage buildings, mostly in the neoclassical style. Thirty stores were also looted.

THE ASSOCIATED PRESS

Ottawa decries new U.S. banking reforms

Canada has stepped up its fight against new bank restrictions proposed by the United States which Ottawa says would adversely affect saving and borrowing costs north of the border.

In separate letters to Washington policy-makers, Finance Minister Jim Flaherty and Bank of Canada governor Mark Carney complain that sweeping reforms under the so-called "Volcker rule" would reach well beyond their intended scope.

And, in some cases, because of the differences between the two countries, the impact could be greater in Canada, making savings through mutual funds and borrowing more expensive.

"The rule, as currently drafted, would have an unprecedented extraterritorial reach and significant cross-border effects ... given the close inter-linkages between the Canadian and U.S. financial systems," Flaherty wrote Monday.

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Market moment

PRICES AS OF 5 P.M. MONDAY

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Housing market due for stability: Report

Canada's hot housing market is due for a soft landing that stabilizes prices, sales and new construction over the next two years, the Canada Mortgage and Housing Corp. said Monday.

"With the Canadian economy set to expand at a moderate pace and mortgage rates expected to remain low, activity levels in 2012 in both new home construction and sales of existing homes will stay close to levels seen in 2011," CMHC deputy economist Mathieu Laberge said in a statement.

THE CANADIAN PRESS

Apple stock rises above $500

Apple's stock broke above $500 for the first time Monday. It was the latest step in a rally that began more than two weeks ago, when the company reported staggering sales and profits for the holiday quarter.

On Jan. 24, Apple posted net income of $13.06 billion, more than doubling its profits from the year before. THE ASSOCIATED PRESS

Obama unveils election-year budget

Taking a pass on reining in government growth, U.S. President Barack Obama unveiled a record $3.8 trillion election-year budget plan Monday, calling for stimulus-style spending on roads and schools and tax hikes on the wealthy to help pay the costs.

Though the Pentagon and a number of Cabinet agencies would get squeezed, Obama would leave the spiralling growth of health care programs for the elderly and the poor largely unchecked.

The plan claims $4 trillion in deficit savings over the coming decade, but most of it would be through tax increases Republicans oppose, lower war costs already in motion and budget cuts enacted last year in a debt pact with GOP lawmakers.

Many of the ideas in the White House plan for the 2013 budget year will be thrashed out during this year's election campaigns as the Republicans try to oust Obama from the White House.

"It seems like the president has decided again to campaign instead of govern and that he's just going to duck this country's fiscal problems," said Republican Paul Ryan, the House Budget committee chairman.

THE ASSOCIATED PRESS

SUSAN WALSH/THE ASSOCIATED PRESS

▶ President Obama speaks in Annandale, Va., on Monday.

Budget blueprint

Obama's budget blueprint reprises a long roster of prior proposals:

- Raise taxes on couples making more than $250,000 a year.
- Eliminate numerous tax breaks for oil and gas companies.
- Approve a series of smaller tax and fee proposals.
- The Pentagon would cut purchases of Navy ships.
- NASA would scrap two missions to Mars.

BRINGING SEXY BACK FOR VALENTINE'S DAY

SHE SAYS ...

JESSICA NAPIER
METRO

Valentine's Day, in all its saccharin-sweet glory, is the perfect litmus test for determining the current status of your relationship.

Couples embarking on their first Valentine's night together will pull out all the stops. There will be candle-lit dinners, elaborate gifts and racy lingerie with more tassels and wiring than a Cirque du Soleil costume.

For long-term partners, this candy-heart holiday might as well just be any other Tuesday. If things get super-romantic, you'll share an extra-large pizza and peel off your flannel PJs at the end of the night for some obligatory Valentine's Day sex.

As much as we might hate to admit it, somewhere along the way the honeymoon phase ends and the comfortable stage begins. So how does a passionate duo turn into Team Sweatpants, and what can stuck-in-a-rut couples do to put the spark back in the relationship?

"Suddenly that sexy stranger from across the room is the guy who doesn't cut his toenails and leaves his wet towels on the floor."

I posed the question to relationship expert and registered sex therapist Dr. Teesha Morgan because, frankly, we could all benefit from some sexpert advice at this time of year.

"In the beginning, relationships are often ignited and kept alive by lust," says Morgan.

When we start dating someone new, we have a tendency to project onto our partners all the good qualities that we want him or her to have, rather than what exists in actuality. Once the novelty wears off, we come to realize that our perfect partner is actually human. Suddenly that sexy stranger from across the room is the guy who doesn't cut his toenails and leaves his wet towels on the floor. Attraction turns to frustration and the fire begins to burn out.

As Hallmark-y as it might be, Valentine's Day is a good opportunity to look at your own relationship and evaluate whether or not you could use a little more excitement.

If you want to reignite that initial spark, you've got to make your significant other a priority. Ensure your partner feels desired by showing an interest in trying new things together on the intimacy front. "Variety truly is the spice of life," says Morgan. "Willingness to step outside the box and become a little more adventurous is an important factor to the longevity of a satisfying sex life."

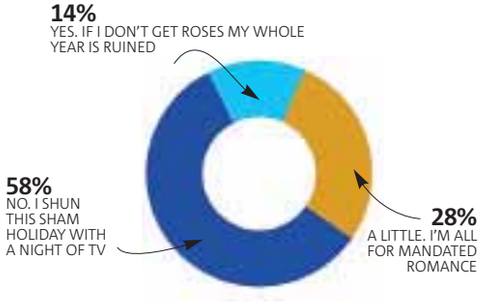
So instead of reaching for the remote tonight, try reaching for, well, something else.

There are plenty of options out there, but it's up to you to make an effort to bring sexy back this Valentine's Day, whether it's your first, fifth or 50th year together between the sheets.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Do you stress over getting a Valentine's Day date?


14%
YES. IF I DON'T GET ROSES MY WHOLE YEAR IS RUINED
58%
NO. I SHUN THIS SHAM HOLIDAY WITH A NIGHT OF TV
28%
A LITTLE. I'M ALL FOR MANDATED ROMANCE

Local tweets

- **@MeToddScott:** @metro winnipeg my Ex would be travelling on #V-day and would make me show the receipt to prove I didn't buy her half price love.
- **@Oblenism:** @metrowinnipeg I'd say the food, but I guess I better say my boyfriend is my favorite thing about #Vday. Altho he'd just say the food
- **@syddhayduk:** @metrowinnipeg valentines day favorite: it's when you can buy your folk fest tickets, and then go for lunch at pita pit with your friends:)
- **@grantism_:** @metrowinnipeg There's an 85% chance that any girls at the gym tomorrow will be single. Either that or they have really s—ty boyfriends.
- **@WhatCareyLikes:** Sick of the commercialism of Valentine's Day so giving out v-day cards to the homeless. #Winnipeg Dare you to do the same.
- **@brooksquadd:** I think I'm funny
- **@alexbrink10:** Proud to be back a part of the #Bombers ..1st class organization, great teammates, and the best fans in the #CFL. Thanks for the support!

Daily Zoom

TONY'S GALLERY

Artist covers her room with yarn

LONDON. This woolly room will have you bouncing off the walls! At Tony's Gallery off Brick Lane, London, an artist has crocheted a life-sized replica of her bedroom, complete with explicit messages from her personal life. Polish-born artist Agata Oleksiak, a.k.a. Olek, found fame after veiling New York monuments in yarn. MWN

60 seconds

KNITTING & VODKA

How long did this take you?
Seven months in total. I don't know the amount of wool I used. The floor cover and walls were reused from past exhibits.

Why do you crochet?
It's not some ol' granny pastime but a method to show the connections between art and my life.

You must have a lot of patience to knit all that.
I spent two months living in this room knitting. I watched Jim Jarmusch and Wim Wenders movies and drank nut-flavoured vodka to pass the time!

And your dream artwork?
To crochet the entire White House. That would be amazing. Obviously I would need the entire nation to help me crochet.

ANTHONY JOHNSTON

metro
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Interview with the writer

Anne Rice built a career writing about vampires way before Edward and Bella ever set eyes on each other In her latest work, she moves into werewolf territory

MEREDITH ENGEL
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

The Wolf Gift, the newest novel from Anne Rice, the queen of supernatural stories (remember Interview with a Vampire?), hits shelves today. We spoke with the author about her influences, characters and her thoughts on the future of book publishing.

You were raised in a very strict Catholic upbringing. What influence did that have on you and your writing?
I think it influenced everything. I grew up in the '40s and '50s in New Orleans, which is a Catholic city. I was in a Catholic parish, going to a Catholic school, in a world where everybody went to a Catholic school, and we had beautiful churches all over New Orleans, and all of that ended up influencing my work tremendously. I had lots of church, of course, before I wrote Interview with the Vampire, but Interview with the Vampire was a lot of that, grieving for that, grieving for that lost sense of being involved in a meaningful community. It's kind of natural, I think, for someone who grew up like that to write about European-American characters, like Louis was a French plantation owner living in Louisiana.

Did your background influence The Wolf Gift?
I think it's a synthesis of where I've just been and what I've gone back to. For 12 years, I attempted to be a Christian again — I went back to the church and for 12 years I really lived it, breathed it, wrote two books about Jesus that provided me with one of the greatest experiences in my career. And I've left that, I've publically left religion, and I'm back again with the classic monsters of horror, but I think the work is really synthesizing. It's really pulling together a lot of what I've learned during those Christian years and it feels to me different from the older vampire novels. First of all, it's very contemporary: Reuben is young and living in San Francisco right now and I had confidence to present him in this contemporary world that I kind of lacked years ago.

GETTY IMAGES

Anne Rice

I heard you got the idea for this book from the producer of the TV show White Collar.
That is true. I emailed Jeff Eastin because I'm a big fan of the show. I just think it's one of the most fresh and clever shows on TV. We have an email friendship going and he said something about it in an email. He said that he'd watched a documentary on werewolves and something about if I ever wanted to do a werewolf novel, he would buy buckets of it, and it was just a casual thing and I got to thinking, Wow. Most of the time when people mention werewolves, I would always say: "No, I'm not going to do that. My sister's done that and I don't want to crowd her." Then I got to thinking, "Well, Alice has been gone since 2007, I miss her terribly, but maybe it's OK now, five years later, to write about werewolves. Maybe it's alright; I wouldn't encroach on anything she's done."

And I read that you based the main character of this book on the star of White Collar, Matt Bomer. Have you ever met him?
Nope.

Does he know he's inspired a character in your book?
I don't know. I should send him a copy! Jeff knows; he's read The Wolf Gift. I just acknowledge Matt as the physical model. You know, Matt's voice, Matt's eyes.

He is a beautiful man.
Well, yeah, he is. You know, I didn't even plan it. I just kept seeing and hearing Reuben as Matt Bomer. If they were to make a movie and Matt Bomer were to step into that role, I would be absolutely thrilled.

Matt Bomer

DVD reviews

Buy it | Rent it | Borrow it | Yawn | Don't bother

The Twilight Saga: Breaking Dawn — Part 1
Genre: Drama
Director: Bill Condon
Stars: Kristen Stewart, Robert Pattinson, Taylor Lautner

There are more bubbles than blood as Bella Swan finally gets her (dead) man in part one of Breaking Dawn, the conclusion of the Twilight teen vampire franchise.

Melodrama reigns in this supernatural soap opera, even though Stephanie Meyer's tale takes a sharp turn toward the violently weird.

After three films in which Bella Swan (Kristen Stewart) and her vampire beau Edward Cullen (Robert Pattinson) exchanged smouldering looks, they finally get on the good foot to do the bad thing, which not only literally wrecks the marital bed, but results in a monstrous pregnancy that could kill the human (for now) Bella.

Director Bill Condon (a Twilight newbie) and returning screenwriter Melissa Rosenberg don't stray much from Meyer's source text or tamper with a profitable romance that is now more cash cow than Cupid. There's not much they can do about a story that has grown steadily more risible.

With talk of unplanned pregnancy, abortion and marital discord entering the picture, Twilight is now really an "R" picture under a "PG" label, and it's an uncomfortable fit.

I have just one question for Twihards before next year's Part 2: Does Dracula offer daycare services?

Extras include a director's commentary and making-of featurettes.

PETER HOWELL

2 scene

Scene in brief

Adele's songs about breakups and heartache have made her a multi-Grammy award winner, but she insists she's done with all that. In an interview featured in the March issue of Vogue magazine, the 23-year-old says people think she's "miserable" because of her songs. In fact, the singer vows to "never" write a breakup record again and adds she's "done being a bitter witch." Adele has a lot to be happy about. She won six Grammy awards Sunday night, including record and album of the year. 21 was 2011's bestselling album. The March issue of Vogue goes on sale Feb. 21.
THE ASSOCIATED PRESS

Angelina Jolie says she hopes directorial debut on Bosnian war will provoke discussion on rape

Have you

read them all?

"Picoult is a rare writer who delivers book after book...." —ENTERTAINMENT WEEKLY

COMING FEBRUARY 28TH

A life hanging in the balance . . .
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—an unforgettable NEW novel from
JODI PICOULT.

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More on Whitney Houston's death

New info continues to be revealed about what caused the singer's untimely death at the age of 48

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Though authorities are not confirming anything other than she was found in the bathtub, some websites are reporting that Whitney Houston died from an overdose of Xanax and liquor.

And according to TMZ.com, coroner's officials informed the family that there was not enough water in Whitney's lungs for a drowning, as was initially assumed.

GETTY IMAGES

▶ Whitney Houston (1963–2012)

Officials believe she passed away before her head became submerged in water, though the official toxicology report won't be complete for four to six weeks.

Although earlier reports say that her stylist, hairdresser and two bodyguards were among the ones who found Houston underwater, reports now say it was her aunt Mary Jones who discovered Houston's body.

TMZ.com says Houston had apparently been in the bathroom for more than an hour when Jones went in to check on her. Upon seeing Houston, Jones pulled the singer out of the tub and started CPR.

RadarOnline.com reports that her body was probably under water for 30 minutes and the autopsy shows that her body had no "obvious signs of trauma, but her throat appeared to be inflamed upon examination."

THURSDAY, FEBRUARY 16

Babes on the Bull!

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3 BABES ON THE BULL MODELS LIVE!

WET T-SHIRT CONTEST!

Truly, madly, deeply: Why do we get jealous?

Valentine's Day isn't all about being madly in love Dr. David Buss, relationship expert and author of The Dangerous Passion: Why Jealousy is as Necessary as Love and Sex, explains the science behind the 'j' word

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

ISTOCK PHOTO

▶ This won't end well.

Do you ever feel protective of your relationship — as if someone else is out to get your man (or woman)?

You may be overly cautious. Or you may just be reacting normally. Mate poachers exist. And Dr. David Buss, author of The Dangerous Passion, says we've psychological adapted to defend ourselves against such threats.

First, is your partner your equal?

Determine their mate value: how desirable is this person on the mating market? Think about anything from looks to social status.

When a couple pairs up they tend to have approximately similar mating values but discrepancies do develop over time.

"If one gets a big promotion at work, they could increase their mate value by virtue of the position. The lower mate value person tends to be most jealous as statistically, it's more likely for the higher mate value person either having an affair or terminating the relationship," says Buss.

Then, identify the nature of the threat

According to Buss, men and women are equally jealous but differ in the nature of their emotion.

"For a man the sexual aspect of an infidelity poses a threat as it casts a doubt over their paternity certainty," he said. "Men place a greater premium on physical attractiveness in potential mates so when women see their man in a sexually charged interaction with a physically more attractive woman, that can drive a women crazy."

Take action

"Women enhance their physical appearance as a mate protection tactic whereas men redouble their efforts to fulfill their partners' desires," he said. "Men are more physically reactive and more likely to get drunk or commit crimes of passion."

Jealousy as a symbol of love and commitment

No one wants to be with someone no one else wants. Stick to your mate value equal and hopefully you can avoid a Basic Instinct 3.

THE MOST OUTRAGEOUS JEALOUSY CASES

AMERICAN FOOTBALL STAR OJ SIMPSON

- Although found 'not guilty,' Simpson was suspected of murdering his ex-wife Nicole Brown.

NASA ASTRONAUT LISA MARIE NOWAK

- After a 950-mile, 12 hour journey (wearing an adult nappy to avoid bathroom breaks), Nowak confronted love rival Colleen Shipman armed with a BB gun and pepper spray.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Sleep remedies: What Works?

The experts interviewed for Michelle Villet's article on sleep remedies recommend seeing your doctor if sleep problems last two weeks. But for occasional sleeplessness, there are plenty of drugstore remedy options.

Always be sure to follow package directions carefully and heed any warnings.

Antihistamine-based remedies (Rexall Extra Strength Sleep Aid Liquid Fastgels, Advil Nighttime, Insomnal, Nytol, Sleepeze D Extra Strength, Tylenol Simply Sleep): The active ingredient in these is diphenhydramine hydrochloride, an antihistamine with sedative properties that directs receptors in the brain to relax.

Melatonin-based remedies (Jamieson Melatonin-3; Genuine Health Sleep+Time Release, Nature's Harmony Timed Release Melatonin, Webber Naturals Melatonin): Melatonin is a hormone secreted by the pineal gland. It helps regulate the body's sleep-wake cycle; normally, melatonin levels rise in the evening to help us fall asleep, and then they drop off in the morning.

Herbal and mineral remedies: Some use a form of magnesium (New Nordic Melissa and CanPrev Magnesium Bis-Glycinate 200), a mineral involved in more than 2,000 chemical reactions in the body, many of them related to sleep and relaxation. Other remedies use 5-HTP (FemMed Sleep), an amino acid that helps restore serotonin, a neurotransmitter that regulates sleep. Then there is valerian (Swiss Natural Sources Valerian), which is a herbal extract that targets the same receptors in the brain as certain prescription meds but without the addictive properties or memory loss.

Again, always read labels carefully, and always talk to your doctor about any concerns you have.

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3 life

A new study shows

30

...minutes of sex can burn off more than 80 calories. Surely it's the best consequence of fighting with your lover. Say yes to make-up sex. AMERICAN ASSOCIATION OF SEXUALITY EDUCATORS

V-day tips

- Buy her a card, you don't have to be a poet to be a great lover
- Indulge in 20 minutes or more of foreplay instead of jumping straight to sex. Start with a foot massage and move up the body

JOHN GRAY, AUTHOR OF 'MEN ARE FROM MARS, WOMEN ARE FROM VENUS, MARSVENUS.COM

WHO says leprosy still around after being declared eliminated from the Western Pacific region

The aphrodisiac effect

Sydney's At The Forks is the perfect place to fall in love — with food

SVJETLANA MLINAREVIC

The Bone-In Pork Chop.

LUNCH RUSH

SVJETLANA MLINAREVIC
FOOD@METRONEWS.CA

L'amour. Poets write about it, artists paint it and chefs cook for it.

Since this is Valentine's Day and love is in the air, I would like to recommend Sydney's At The Forks as the perfect place to take your amour.

The restaurant is beautiful and has lovely vistas of the river. The lavish table settings, charming wait staff and culinary mastery of the kitchen make this the perfect place to fall in love.

For instance, the Bone-In Pork Chop ($17) was so tender and juicy in its smoky goodness I almost fainted. The Lamb Pappardelle ($16) had a tender lamb ragu that coated the delicate ribbons of pasta like silk. If you're looking for a showstopper for dessert, try the Breakfast ($8). Little banana pancakes are topped with a quail's egg and served with bacon ice cream. Yes, bacon ice cream. Heavenly in its creamy, salty, sweet and smoky way.

If you truly want to treasure Valentine's Day with your sweetheart, visit Sydney's.

Sydney's At The Forks
2nd Flood of The Forks Market
942-6075
sydneyattheforks.com
Lunch Hours: Tues - Fri (11:30 p.m. - 2 p.m.)
Social lunch: Yes
Co-worker lunch: Yes
Client negotiations: Yes
Quick solo lunch: Yes
Licensed: Yes
Reservations: Yes
Price range: $7 - $55
Rating: 5 out of 5

MATTHEW MEAD/ THE ASSOCIATED PRESS

X-Rated Kiss Cocktail

This Valentine's Day, cocktail sports a risqué name, is easy on the eyes and drinks like candy.

X-Rated, for those unfamiliar with it, isn't just a movie classification. It also is the name of a hot pink liqueur made from vodka infused with passion fruit, blood orange and mango.

Preparation:

1. Divide the raspberry liqueur between 2 martini glasses.
2. In a cocktail shaker filled with ice, combine the lime juice, X-Rated, gin and pink peppercorns. Shake vigorously then strain and divide between the glasses, pouring it carefully down the sides of the glasses. Garnish with edible flower petals. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOK.CA.**

Ingredients:

- 60 ml (2 oz) raspberry liqueur
- Ice
- 90 ml (3 oz) X-Rated Fusion Liqueur
- 30 ml (1 oz) gin
- 30 ml (1 oz) lime juice
- Pinch of crushed pink peppercorns
- Edible flower petals, to garnish

Spread V-Day love with Red Velvet

Cupcakes are the perfect way to show your Valentine how much you care These ones are bite-size and topped with fluffy whipped cream

EMILY RICHARDS

This recipe makes 24 cupcakes.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

These little bite-size treats are perfect to share with friends. To make them a bit different you can pour the batter into pre-baked mini tartlet shells and bake for a cupcake tart.

They're actually not too sweet and a touch of whipped cream on top is the perfect finish!

Preparation:

1. In a large bowl, whisk together flour, sugar, cocoa powder, baking powder and soda; set aside.
2. In another small bowl, whisk together buttermilk, butter, egg, food colouring and vanilla. Pour over flour mix and whisk until smooth and combined.
3. Divide batter among greased or paper-lined mini muffin tin and bake in 350 F (180 C) oven for about 15 minutes or until tester comes out clean. Remove from pan and let cool completely on rack. Top with whipped cream and serve.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND CELEBRITY TV CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 1 1/4 cups (300 mL) sifted cake and pastry flour
- 2/3 cup (150 mL) granulated sugar
- 1 tbsp (15 mL) unsweetened cocoa powder
- 1/2 tsp (2 mL) each baking powder and baking soda
- 1/2 cup (125 mL) buttermilk
- 1/4 cup (60 mL) butter, melted
- 1 egg
- 1 tbsp (15 mL) red food colouring
- 1 tsp (5 mL) pure vanilla extract
- Whipped cream

CONTRIBUTED

▶ He looks happy, they look happy, everyone wins.

Happy to be single

CHIARA ATIK
LIFE@METRONEWS.CA

Of course, we all want to find that special someone someday ... but here are four reasons to be happy that someday is not today.

1 The opportunity to check out all those "what-ifs"
A random person you meet at a party, an acquaintance you've had a crush on forever, maybe even a co-worker: when you're single, you can pursue these "what-ifs" and see where they lead.

More often than not, these little sparks of romance turn out to be nothing, but at least when you're single, the not knowing won't drive you crazy.

2 Not shaving...
your legs, your beard or any other part of your body.

Not shaving, and sparing those extra 15 minutes in the morning just because you don't feel like it, is the luxury of being single.

3 Wild nights! Wild nights!
It's pretty nice to be able to go out, and stay out, as long as you want without having to worry about whether your significant other is tired, or their feet hurt, or you said you'd call, or they have an early start in the morning, or hearing "you're so old!" in a faux-complaining voice and regretful smiles as you head out the door.

And if, at midnight, a friend calls and invites you to come out, you can just go. And if, at 2 a.m., you meet someone you like, you can just kiss them, or go home with them, or just get their number.

And if, at 4 a.m., you feel like getting a slice of pizza, or a whole pizza, you can, no problem. Who's going to care?

4 Not having to hang out with anyone else's friends
You have your own friends, and it's hard enough to find time to hang out with them.

Sort of nice not to have to spend a Friday night hanging out with someone else's friends, no?

'Like a piece of meat'

Metro's Liz Brown recently dropped in on an anti-Valentine's Day singles party

LIZ BROWN
LIFE@METRONEWS.CA

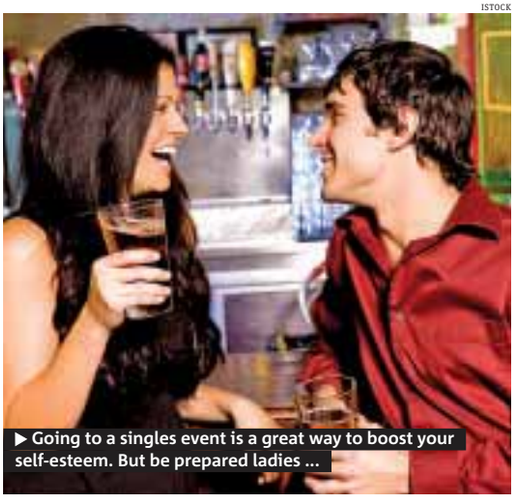
Ever wonder what would happen if you gathered all the people on an online dating site into the same room?

I never pondered the possibilities of such a situation until last Saturday night, when I attended an anti-Valentine's Day singles party at C-Lounge in Toronto, hosted by a company called Meet Market Adventures.

Being of the adventurous sort, willing to try anything once — and single myself, I thought it might be a good place to expand my potential dating circle. And while I met several guys, the event shared many similarities with online dating — as in, if you're female and attractive enough to go out in public, you're getting plenty of attention. This isn't always a good thing.

When my friend and I arrived at the bar at about 10 p.m., it was already packed. Singles ranging from 25 to 45 mingled over hors d'oeuvres and packed the dance floor, bumping and grinding to Top 40 tunes. The pair of us, being more of the wallflower than life-of-the-party type, grabbed drinks and settled ourselves in a corner of the bar to take in the crowd. The male to female ratio seemed an ideal 50:50 split.

ISTOCK



▶ Going to a singles event is a great way to boost your self-esteem. But be prepared ladies ...

Memorable opening lines of the night

- "Check out my tan. I bet I'm more tanned than you. I just got back from Mexico."
- "Don't go to the bar, you can have my drink." (A half sipped warm rum and coke).
- "I have a girlfriend right now, but it's ending soon."
- "What's your sign?"

At the front of the room, the more social singles were jostling to enter a draw to win a trip to New York City and participate in a human scavenger hunt — a search for a member of the opposite sex who had come to the party with their ex.

Several women in the 30-to-40-year-old range wearing dresses joined us on the outer fringes, playing with their hair, and subtly swaying to the music, presumably hoping to be asked to dance. While some guys were bold and approached the women, others stood by in their dress pants and button shirts, surveying the room.

This surveying was a little more overt than typical of a regular bar.

Of course, the end game of such an event is to 'pick-up,' but it was slightly jarring to walk into a bar knowing that every man in the room knew with certainty your solo status — or perhaps not. One not-so-sharp fellow approached us and opened with "So, are you two ladies single?"

As we stood there, a bit too overwhelmed to mingle, a steady stream of potential suitors approached us with all manner of pick-up lines.

While we sipped our drinks and felt the burning stare of dozens of pairs of male eyes, my pal leaned over, "Do you feel like a piece of meat in this place?"

"Completely."

"Want to go somewhere else?"

"Definitely."

After just an hour of our Meet (or was it meat?) Market Adventure, we packed it in and headed to our favourite dive bar where we did shots and hit the dance floor, happy that our single status remained personal information.

Although the event had uncomfortable overtones for me, if you're feeling lonely and need to be reassured there are plenty of single people out there, it's not a bad place to spend a Saturday night.

For more info

- Meet Market Adventures hosts singles events in most major cities in Canada. For a list of upcoming events, visit Meetmarketadventures.com.

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BREAK TIME

HOW TO MAKE THE MOST OF YOUR READING WEEK

GETTY IMAGES/IUPITERIMAGES/COMSTOCK/THINKSTOCK

While American spring break conjures images of booze-filled partying, Canadian reading week summons scenes of caffeine-filled studying. Experts say the way to make the most of your February break is to combine academic catch-up with personal downtime.

Kristi Kerford, acting associate vice-president of student services at Ontario's Trent University, polled staff and students for their best approaches to the break.

"One of the key things that came up was thinking of it as being a balance of a reading and academic time, and also being time for yourself," she said.

On the personal side, you should recharge yourself. Sleep in, visit friends and family, and get to all those personal issues you have been putting off. She suggests setting a schedule for the week. If you are sharpest in the morning, do your academic work then and save afternoons and evenings for personal time.

"On the academic side, you want to be thinking about either catching up or getting ahead of your reading and course work," she adds.

If you are heading away for the break, pack thoughtfully. Some course materials are online, while others will require you to bring books.

Kerford says students should start thinking about summer job opportunities.

"If I'm going to my parents' home and I want to work there in the summer, that's a great opportunity to do some informational interviewing," she says. "You may not be back there again until the summer."

Erin Kaipainen, director of the Centre for Community-Engaged Learning at the University of Calgary, says some students use the week to learn about the real world and make an impact.

"We find students really want to be involved in their community, they want to be learning about issues affecting Calgary and other places, but sometimes it's challenging to fit that into their (academic) calendar," she says.

Hence the Alberta university's reading week programs. This year, one is a digital storytelling project with vulnerable youth in Calgary while another sends students to New Orleans to learn from and help with that community's post-Katrina recovery.

They are not for credits, but do give students in a range of programs an opportunity to try out classroom ideas. Others are overworked in their programs and just want a chance to do something unrelated to their studies.

"Instead of going somewhere hot and sitting on a beach, you're doing something else, something for your own personal development and learning about communities in Calgary or around the world," Kaipainen says.

— Jon Tattrie

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ROBERTSON COLLEGE PHOTO

Professional travel counsellors spend their days planning trips for clients, and the knowledge of international locations and how the travel industry works is essential.

The Robertson College Travel Counsellor program is endorsed by the Canadian Institute of Travel Counsellors (CITC) Educational Standards Division. According to Jordan Fuchs, Robertson's new media manager.

"Students can get their certification through the CITC and attain the CTC designation. The Certified Travel Councillor is a nationally-recognized certification."

Robertson graduates can expect to qualify for employment in positions such as travel counsellor, travel agent and travel consultant. Students have found employment working for small and large travel agencies, tour operators and airlines. "Overall our travel counsellor program has done extremely well in its placement rates," says Fuchs.

Even though the Internet may be convenient, when you start getting into complicated trips, Fuchs recommends that it's always wiser to have someone to help you sort it out. And for that reason, he sees an ongoing demand for Robertson graduates. "They need someone who can look after them even when they're away. If something goes wrong, you have a point person to go to."

Robertson College provides the use of a laptop computer throughout the program, which you can purchase at the end of your program for a reduced price. And students participate in a one-week instructional Familiarization (FAM) Trip. Past classes have visited Cuba, Jamaica, Mexico, and various U.S. destinations.

And you will have the opportunity to participate in Robertson Travel — the college's live travel agency.

Will you be mine for less than $25?

Your heart may be full of love but that doesn't mean your wallet is Show you care without going into the red

A homemade card can be a lot more meaningful than an expensive present.

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

The spirit of Valentine's Day is to show your special someone that you care about, and value, them. And you don't need lavish gifts and a racked up credit card to acknowledge your partner.

Just like a grade-schooler, sit down for 20 minutes and make a card. Using red and pink paper, cut out hearts and glue a picture of your honey in the middle.

Somewhere within your homemade masterpiece, write out all the things you love about them. Who cares if you're not Picasso or Shakespeare; it doesn't matter. The thought is what counts.

Rather than booking a dinner out, try cooking a new recipe at home. Pick up fresh ingredients from your local grocer and a reasonably priced bottle of wine.

If your culinary skills are sorely lacking, buy an online coupon to an inexpensive restaurant. If the corkage fee is low, bring your own wine.

"Valentine's Day is your opportunity to make your partner feel special and you don't need a helicopter ride to prove you care."

If you're freaked out your partner might think you're a cheapskate, secretly slip the coupon to your server en route to the washroom.

If you're planning to exchange gifts, be frugal. Agree to set a limit on your spending. Turn it into a game; who can buy the best Valentine's gift for less than $25.

Take advantage of coupons, clearance and 'end-of-season' sales. If you're into the great outdoors, give your partner a handmade 'IOU' to take them hiking, skating or skiing.

Turn off your computer and phones, fill up a thermos with hot chocolate and go for a romantic walk around your neighbourhood. Spend time talking or download an old movie.

Simply making time for your honey or helping them with a mundane task, like housework, means a lot.

Valentine's Day is your opportunity to make your partner feel special and you don't need a helicopter ride to prove you care.

That chew toy better be BPA-free

Like many pet owners, customers at April Lawrence's pet bakery and boutique in central Iowa want the best for their four-legged family members.

That means high-quality, safe and eco-friendly products, from organic food and treats to BPA-free toys and water dishes. And they don't mind paying extra.

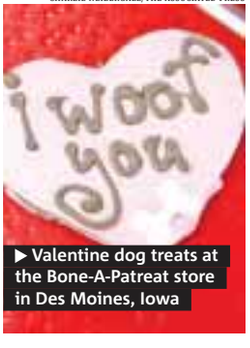
"The customers are looking at their pets as part of their extended family," says Lawrence, adding that the organic, baked-from-scratch, healthy treats she sells at Bone-A-Patreat Pet Bakery and Boutique are especially popular. "They're better than what I eat!"

Many pet owners began looking for safer products after huge pet food recalls in early 2007 that followed the renal failure and death of hundreds of animals, says Leslie May, who operates Pawsible Marketing, a firm that helps pet-related businesses, in Blue Ridge, Ga. "It really prompted people to wake up and look at what's in their pet's food and what's around their pet's life, in their environment," she says.

Social media sites have provided a forum for people to learn more about pet health, she says, and that also leads to a demand for safe, well-made items.

THE ASSOCIATED PRESS

CHARLIE NEIBERGALL/THE ASSOCIATED PRESS



Valentine dog treats at the Bone-A-Patreat store in Des Moines, Iowa

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400 Osborne Street
- Non-profit 55 plus Life Lease
- 1090 sq. ft. 2 bedroom, 2 bath suite
- Fridge, stove, dishwasher, individual heating/cooling
- Large in-suite storage with laundry hookups
- Affordable Entrance Fee $38,400 + upgrades
- Monthly Rent $1090.00. All utilities included.
- Immediate Occupancy

Personal Tours Available

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Or Visit Us At: www.sam.mb.ca

EASY WAYS TO KEEP THE ROMANCE BURNING

WAVEBREAK MEDIA/THINKSTOCK

SURE, WE START WITH SEXUAL SIZZLE, BUT SOMETIMES IT JUST FIZZLES

Indeed, few couples can maintain the heightened rabbit-paced sex habits so rampant early on in a relationship, but some do manage to keep the romance burning.

What's the secret?

A combination of effort, awareness and novelty does the trick.

While a study published this month online in the Journal of Sex and Marital Therapy found that women ages 18 to 25 in monogamous relationships gradually lose sexual interest, don't fret — you don't have to let your below-the-belt desires shrivel.

The University of Guelph researchers behind the study, Sarah Murray and Robin Milhausen, suggest the end of the "honeymoon phase" could tie into waning female desire.

Thankfully, past studies have found that sex actually improves in committed relationships, compared to one-night stands.

"Long-term, people find sex with someone they love more satisfying," says Dr. Oren Amitay, registered psychologist and instructor at Ryerson University.

There is, however, a natural drop in sexual appetite as time passes.

"Very rarely are you going to have the same passion you had when you started," says Amitay.

"The reason it goes is familiarity. That's why novelty is so important. Basically, we become used to something, and naturally our physiological response decreases."

Other explanations may include built-up resentments and increased responsibilities.

For couples looking to restore bedroom bliss, small steps are advisable.

"Very few people will turn down a massage," offers Amitay.

"Then move onto a full-body massage. You can slowly introduce more and more."

Meanwhile, a visit to a reputable sex shop (most are housed with educated and approachable staffers) is a fun way to inspire discussion and keep things fresh. Consider buying an erotic video, book or new adult toy.

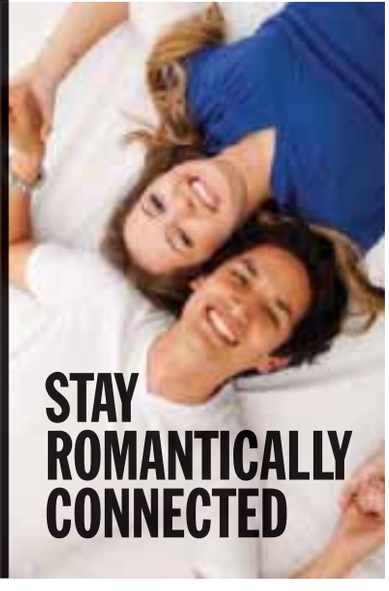
"A lot of people don't realize you have to work at it," says Amitay.

"Almost every couple has a decrease. You can't expect partners to be as passionate 20 years later, but you can re-ignite the passion."

– Tanya Enberg

SIZZLE STARTERS

- Waiting for the sexual magic to happen spontaneously can prove unsuccessful. Jot lovemaking down on the calendar if you need to, but be proactive
- Book a sitter and plan regular date nights
- A stress-free reprieve is the perfect way to reconnect emotionally and physically



HEMERA/THINKSTOCK

STAY ROMANTICALLY CONNECTED

Having it all and getting it all are vastly different things.

Unfortunately success doesn't just boil down to the snappy — yet highly simplified — work-life balance ideal.

While this is the message of our overloaded, Type A world (which calls for maintaining a fabulous career, time with friends, a regular work-out routine, clean home, stocked refrigerator, fresh laundry, happy kids, and a relationship teeming with hot sex), it isn't always so easy to achieve.

Surely, something's gotta give.

When that something is your sex life, well, you're not going to take that lying down, right?

For some, especially working parents, juggling too many demands is bad news for romance.

"Realize where you need to delegate," advises Toronto-based life coach Krista Roesler.

"Maybe the kids need to step it up and help with the chores, (or you can) find support in the community, but don't be afraid to ask for help."

Roesler suggests creating a list of daily demands to help identify areas where energy is wasted, and highlight key spots where more focus is required. This is helpful for determining what holds the most importance and editing out the rest. Sometimes this will mean turning down an offer to volunteer opportunity, cutting back on night classes or, simply, learning the art of slowing down.

For over-stressed partners, finding an outlet is essential.

"Parents need to take time off," insists Roesler.

"Have the grandparents look after the kids and take a weekend away," she says. Roesler adds that it's vital for couples to share space together beyond their parental roles, and equally important for children for developing independence and confidence.

"Teaching kids that you need to have a balanced life, that's important. It's really easy to lose yourself when you have kids."

Whether you pencil in date nights or prefer sexual spontaneity, staying romantically connected is a natural health booster that also happens to work wonders for your relationship.

"It's so important," stresses Roesler.

"Some people are planners, others are not, just make sure it (sex) doesn't become an obligation, another thing you have to do."

– Tanya Enberg

Speedflirt

He winks, *she winks back*
She flirts, *He flirts back*

Introducing Speedflirt, a flirty new app for meeting singles in your city looking for love or friendship.

Create a profile, browse profiles and find your match!

Download and install the free app for your mobile device - available on the App Store or also available in Android Market.

Available in Android Market

Available on the App Store

We wanted to know a little about *flirting* and *love* from our Metropolitans, this is what they had to say:

How important is it to find and/or keep love in 2012?

Important 28%
Neither important or unimportant 17%
Unimportant 5%
Very Unimportant 4%

ONLINE DATING

34% have tried it
29% have never tried online dating, but would give it a shot

38% of Metropolitans do all the flirting...

While 62% stand back and wait to be flirted with!

Where's the best place to flirt?

At a Party 25%
• Pub 13% • Work 11%
• Online 7% • Grocery Store 6%
• Nightclub 6% • School 5%
• Mall 3% • Gym 2%

When flirting, how forward are you?

19% Subtle like a ninja!
4% Forward. Bull in a china shop.
35% A little bit of both

Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at metropolitanpanel.ca, choose your country and joint he global conversation!

Source: Metropolitan Panel Survey; 352 Respondents; January 2012

Join TODAY at metropolitanpanel.ca

Metropolitan Panel

4 sports

Jets reflect on defensive day off

‘It was not a good plane ride home,’ says coach Claude Noel following team’s loss to Penguins

GENE J. PUSKAR/THE ASSOCIATED PRESS FILE

▶ Evgeni Malkin gets around Winnipeg Jets goalie Ondrej Pavelec to score during the second period Saturday in Pittsburgh.

It’s not like Saturday was the first road game the Winnipeg Jets have lost this season.

But coach Claude Noel is still stunned at the way his team managed to drop its 17th game away from the MTS Centre, a 8-5 beating at the hands of the Pittsburgh Penguins.

He had a sort of fixed glassy-eyed stare when asked about the game Monday, and with tightly compressed lips and carefully chosen words left few in doubt about his feelings.

“I didn’t like the game for a lot of reasons,” Noel said, a day before the Jets were set to welcome the New York Islanders. “I wasn’t quite sure what we were doing. I didn’t get it there. You just watch a game like that and you wonder ‘You’re kidding me, what is this?’

“It’s perplexing to a degree but I think I understand it, so I’m trying to solve it and I’m not going to tell you what the solutions are. Games like that send you over the deep end.”

The Jets (26-23-6) largely abandoned the controlled, five-on-five defensive play that has provided a number of one-goal victories this season as the club battles for a playoff spot in the Eastern Conference.

They were up 2-0 after the first 10 minutes in Pittsburgh — something the players suggested proved they at least started well — but Noel said even at that point he didn’t think so.

Meanwhile, the Jets players were defensive, contrite and confident they could bounce back.

Defenceman Zach Bogosian conceded it was probably a bad idea to get into a shootout with a team that has two of the top goal scorers in the NHL in Evgeni Malkin and James Neal.

“I think we could have told you before the game that we shouldn’t get in a shootout with them and we did, I don’t know why,” he said. “I think it’s more of an embarrassment that a setback.”

Goalie Ondrej Pavelec refused to point fingers at the lack of defensive help he received against the Penguins but he added the Jets need to know who they’re playing against.

“You have to realize you’re facing probably one of the best lines in the NHL,” Pavelec said. “We didn’t play well, me either. It’s not about one or two guys ... the effort was unacceptable.

“We have to learn from that game and stay positive.”

The Jets were outshot 39-25 and took penalties in the second and third periods that both produced goals, striking out on their lone power-play opportunity.

“I’ve seen us play well and I’ve seen us win games in the right way,” said Noel, who still thinks there is enough talent in the Winnipeg locker-room to keep the Jets playing hockey past the end of the regular season.

“I’d like us to get 96 or 97 points.”

With 58 points from 57 games, it would seem something has to change for that to happen.

Most teams have played fewer games, giving them more room to gain ground on the Jets. Florida, which is now leading the Southeast Division with 65 points, has played only 55 games. So has No. 2 Washington.

THE CANADIAN PRESS

Jets preview

N.Y. Islanders at Winnipeg
7:30 p.m.
TV: TSN-Jets

The Jets (26-23-6) host the Islanders (23-24-8). Evgeni Nabokov was pulled after allowing four goals on 15 shots in two periods of a 4-1 loss to Florida on Sunday. Nabokov entered the game with a 2.19 goals-against average for New York this season. After being named NHL player of the month with 22 points in January, John Tavares has one assist and a minus-4 plus/minus through six games in February. Marty Reasoner (thumb) is expected back soon.

THE CANADIAN PRESS

Blue Bombers re-sign backup QB

The Winnipeg Blue Bombers re-signed backup quarterback Alex Brink to a new contract Monday.

The third-year player out of Eugene, Ore., was scheduled to become a free agent on Thursday.

“Alex has shown tremendous progression in his short time in our league and gained a lot of experience on the playing field last season,” Bombers vice-president and general manager Joe Mack said in a statement.

“The opportunity I have in Winnipeg is one I’m excited to be a part of and will allow me to continue to get better as a quarterback in the CFL.”
ALEX BRINK

“He is very well liked by his teammates and possesses great leadership qualities both on the field and in the locker-room.”

Blue Bombers starting quarterback Buck Pierce has been hit with injuries in the past and was helped off the field after big hits more than once last season, pressing Brink into action.

The six-foot-three 216-pound Brink played in eight games last season, including two starts. The 26-year-old completed 89 of 140 passes for 1,023 yards and five touchdowns against four interceptions.

THE CANADIAN PRESS

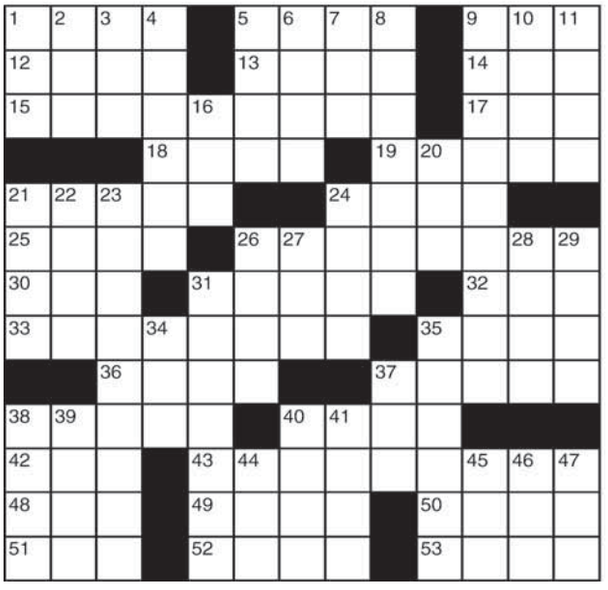
Around the CFL

The Toronto Argonauts announced the signing of veteran offensive lineman Marc Parenteau on Monday.

- The 31-year-old from Sherbrooke, Que., spent the last five seasons with the Saskatchewan Roughriders.
- The Argos also re-signed defensive back Wes Lysack and announced the signings of defensive back Marcus Bell, wide receiver Jarmon Fortson and non-import offensive lineman Donnie McKenzie.
- Former first-round pick Jamall Lee has retired after just three CFL seasons, the B.C. Lions said in a release Monday.
- The 2009 third-overall pick appeared in 32 games over three seasons with the Lions, recording six carries for 18 yards.

Scan code for more sports.

Crossword



Across

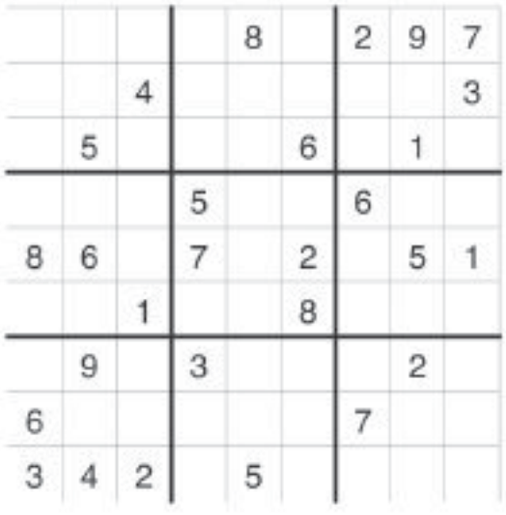
1 Mexican peninsula
5 Mussolini's title
9 Scoundrel
12 Culture medium
13 Composer Khachaturian
14 Past
15 Tea party guest
17 Regret
18 Corridor
19 Indy 500 entrant
21 Sorts
24 Conk on the noggin
25 Frost
26 Guaranteed to work
30 Bobby of hockey fame
31 Technophiles' magazine
32 Blue
33 Comfy chair
35 Existed
36 Female red deer
37 Pyromaniac's crime
38 Packing heat
40 Sagacious
42 Spelling contest
43 Some "USA Today" illustrations
48 Crib
49 Sheltered
50 Grand
51 Pismire
52 Pentagon VIPs
53 Barrel part

Down

1 Emeril's interjection
2 — Khan
3 It holds the mayo
4 William Tell, notably
5 Willy Wonka's creator
6 Caspian feeder
7 Automobile
8 May birthstone
9 Movie action scenes, often
10 Chills and fever
11 Active one
16 Owns
20 Donkey
21 Explorer Heyerdahl
22 Bygone times
23 Old paper
24 Coffin stand
26 Locate
27 100 square meters
28 Gambling game
29 Paradise
31 Talkative one
34 Falsehood
35 Christmas door decoration
37 Blond shade
38 "Waterloo" quartet
39 Check
40 Small songbird
41 Chills
44 Hearty quaff
45 Pi follower
46 Overly
47 Dine

▶ Monday's answer

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Meaghan
You make me happy everyday, I am lucky to have you in my life. I love you more everyday and want to spend rest of my life with you xoxoxoxoxoxo
AJ

Furnace Man
You make me laugh. You melt my heart. I've got the hots for you. Now get over here and kiss me.
ICE QUEEN

R-my first love
Hi, Just wanted to say I love you and always will. Even if things didn't work out as planned, you will always be my first love and no one will be able to replace that! I will think of you every day and hope that you will not forget what we shared together...I will love you always and I truly wish you the best..thanks for 6 great years of my life xoxo
S

A look at the weather

TUESDAY	WEDNESDAY	THURSDAY
Min -19°	Min -11°	Min -19°
Max -5°	Max -2°	Max -9°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
It's not that you've lost your edge, it's just that you can't be bothered to argue about trivialities.

♉ Taurus April 21-May 21
Try not to identify too strongly with one particular point of view today.

♊ Gemini May 22-June 21
Someone who has not put nearly as much time and effort into a project will get most of the praise today and, of course, you won't be happy about it.

♋ Cancer June 22-July 22 You may be the centre of attention but don't let it turn your head.

♌ Leo July 23-Aug.23
You have done so many favours for so many people that you have probably lost track of them all, but they have not forgotten and over the next few days others will find ways to repay you.

♍ Virgo Aug. 24- Sept. 22
Be careful others don't take advantage of your laidback attitude today. You'll care if it costs you money.

♎ Libra Sept. 23-Oct. 23
Something is confusing you and the more you try to make sense of it the less you understand.

♏ Scorpio Oct. 24-Nov. 22
If you don't know the answer to something then ask someone who does.

♐ Sagittarius Nov. 23-Dec. 21 Take your time today and try to avoid situations where you don't have full control over what is going on around you.

♑ Capricorn Dec. 22-Jan. 20
The more you reach out the more love you'll let in.

♒ Aquarius Jan. 21-Feb. 18
Focus on your long-term goals and don't allow yourself to be distracted by passing fancies.

♓ Pisces Feb. 19-March 20 Even if you are the kind of Pisces who tends to hold grudges you will be very forgiving today.

SALLY BROMPTON

ARNO BALZARINI/THE ASSOCIATED PRESS

Caption contest

ARNO BALZARINI/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

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HIGHLIGHTS

- Salon and aesthetics teams dedicated to enhancing your best features
- Update your do
- Other services include perms, waxing and threading

Regular Price: $150

You Save: $115

Discount: 77%

CURRENT DEALS

$24 FOR 2 PAIRS OF 800 DEN ECO-THERMAL LEGGINGS FROM IT SOCKS (A $64 VALUE)

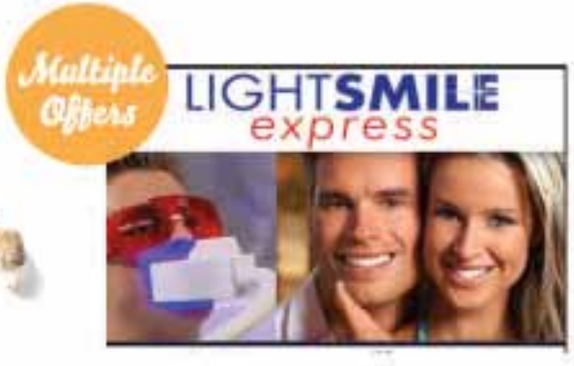
HIGHLIGHTS

- Made with fabric containing bamboo charcoal
- Moisture-wicking material keeps skin dry and warm in cold weather
- Spend over $35 to receive an additional $5 off

$15 FOR $30 TOWARDS ALL NATURAL DOG AND CAT TREATS FROM THE CORNER PAWS

HIGHLIGHTS

- Winnipegs first and only freshly made pet food and treats business
- All products made with all natural human grade ingredients
- Freshly baked treats include cookies, biscuits, muffin, and cakes, and meat, vegetable and fruit jerky



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